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Ford associate arrested

An Etobicoke raid on Tuesday evening sweeps up Sandro Lisi, who police have suspected of seeking the alleged crack video. Go to metronews.ca for more.

Night of the Living Dolls

A new documentary looks at the eccentricities of doll collectors, including one artist who created a stop-motion film about the sex lives of robots PAGE 6

Leafs come out swinging vs. Canadiens

The Buds open the season with a 4-3 win in Montreal in a fight-filled contest in front of an electric crowd PAGE 25

Pipeline dreams could become a nightmare: City

Expansion plans. Proximity of Enbridge Line 9B to sensitive spots such as Finch station prompts concern

A pipeline that's flowed quietly beneath Toronto for 37 years is under increased scrutiny as its operator looks to expand, prompting the city to raise startling concerns about how it would deal with a potential disaster.

Toronto is one of more than half a dozen municipalities along the 639-kilometre stretch of the Enbridge pipeline whose submissions to the National Energy Board have highlighted alarming safety issues with proposed changes to Line 9B.

For example, at the Finch subway station, the pipeline runs less than two metres below the sidewalk and 60 centimetres above the subway structure, cinched between the stairwell of the Bishop Avenue entrance and escalators leading to the Metrolinx terminal.

"Neither the TTC, Toronto Fire Services nor Enbridge appear to have any specific contingency plan to manage a leak of petroleum should this occur near the TTC entrances," reads the city's final submission.

"The top stair of the Bishop Avenue stairwell is at grade and provides no barrier to the flow of the product should there be a release.

Enbridge wants NEB approval to increase the capacity of Line 9B from 240,000 barrels per day to 300,000, as well as reverse its flow from westbound to eastbound, allowing it to carry heavy crude from Alberta's oilsands to refineries in Quebec. It currently carries an average of 160,000 barrels per day. TORSTAR NEWS SERVICE

Spectre of a spill

"If any petroleum product was discharged ... there would be an enormous risk to thousands of daily passengers and TTC workers."

Excerpt from city's final submission to the National Energy Board

PUP'S NO MERE PIPSQUEAK

Kim Passero thinks her Yorkshire terrier puppy, born in a recent litter, might be a Guinness contender for world's smallest puppy. At 163 grams — the other puppies in the litter are around 400 grams — its mouth is too small to feed from its mother and it has to be fed with a syringe or spoon. Story, page 8.

BERNARD WEIL/TORSTAR NEWS SERVICE

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Activist McHale suing Warren Kinsella over racism charges

'Anti-native.' Liberal strategist not relying only on his lawyers to prove his case — he's 'crowd-sourcing' his defence

JESSICA SMITH
jessica.smith@metronews.ca

It's not every day a big-name Toronto law firm gets involved in a small-claims-court dispute — but a well-known Liberal strategist has called on powerful help to fight a bizarre libel suit involving neo-Nazis and native rights.

Activist Gary McHale is suing Warren Kinsella over a column he wrote in January that was published in the Sun newspaper chain and Kinsella's blog. In it, Kinsella called McHale "anti-native" and "anti-police."

In an argument with McHale in the comment section of the blog post, Kinsella called him a "facile sack of s–t" and said McHale does not stop neo-Nazis and white supremacists from attending his rallies.

Kinsella is not relying only on his lawyers to prove his case — he's "crowd-sourcing" his defence. In a recent blog post, he asked the public for help with paying his legal team at Ruby Shiller Chan Hasan and with digging up evidence.

Kinsella's lawyer, Brian Shiller, said crowd-sourcing evidence isn't unprecedented.

"We're in a new age where people share ideas and share information across the world. I think we're going to see more and more of that as time goes on," he said.

"To be clear, when Mr. Kinsella wrote what he wrote, he had the information to back it up, all he's looking for is additional information that may assist in his case," he added.

McHale says he's suing Kinsella for implying that he is racist when in fact he is against racism.

McHale and the activist group he founded oppose "racially based policing during aboriginal land claims." He has been active in organizing rallies in the Caledonia area, protesting what he sees as the special treatment the OPP show to native people, especially during a heated standoff there in 2006.

He does not dispute Kinsella's claims that known neo-Nazis attended his rallies, but says that, because of his anti-racist views and because he's compared neo-Nazism to "Muslim terrorism" in the past, neo-Nazis don't like him.

"I don't know who attends my rallies," he said, adding he had no power to "bar" anyone from joining them.

McHale will be representing himself in court, as he often does, saying he probably has "about a dozen" lawsuits ongoing.

Since the 2006 dispute in Caledonia, McHale has come into conflict with people from the neighbouring Six Nations on numerous occasions.

Asked for comment on the allegation that McHale is "anti-native," William Montour, the Elected Chief of Six Nations, refused, saying, "I don't comment on stupid a–holes' positions."

Lynda Powless, publisher of the Six Nations paper Turtle Island News, who has covered McHale's rallies for years, doesn't think McHale is "anti-native," but understands why people see him that way.

"The only time he appears ... engaged in any kind of public protesting or activist activity, centres around aboriginal issues or sites where aboriginal people have been protesting," she said.

She said McHale has made a name for himself with his protests and frequently sues people who say they believe he's anti-native.

For example, a competing Six Nations paper, which has since gone out of business, had to allow McHale space in the newspaper to write columns after a similar lawsuit, she said. "People were pretty upset about it at the time.

"He doesn't entertain the aboriginal perspective on the issues, and therein the problem lies. Other people may look at the broader view; McHale appears to keep a very narrow, limited view of the issues," she said.

Gary McHale has words with the OPP officers trying to separate him and his small group from aboriginal protesters at an Idle No more event in Cayuga in January. TORSTAR NEWS SERVICE

Quoted

"We're in a new age where people share ideas and share information across the world. I think we're going to see more and more of that as time goes on."
Brian Shiller, Kinsella's lawyer

Ont. teens jailed in Somaliland maintain innocence

Jamal Noor would have been in class at Father Michael Goetz Secondary School in Mississauga last week. He would have spent his afternoons playing soccer with his friends and his nights studying for tests.

Instead Jamal, 15, spent another week in an overcrowded Somaliland jail, having been sentenced, along with his brother Liiban and 19 other men, for the gang-rape of two women.

A Somaliland court sentenced 20 of the men — including Jamal and Liiban — to 10 years in prison in early August. One man received a five-year sentence.

Jamal Noor CONTRIBUTED

Hodan Mohamed Ali, of Somaliland's National Human Rights Commission, a government-run agency, said all of the accused pleaded guilty and "accepted the case" after an investigation.

But Mohamed Noor, Jamal and Liiban's father, says his boys have told him repeatedly they did not plead guilty.

Jamal, speaking to Torstar News Service from a cellphone his father sneaked into the jail, said he and Liiban are innocent.

The Canadian-born brothers went to Somaliland in June to spend the summer with their grandmother. Weeks later they were arrested and jailed for the rape.

Seven days after the arrest, the court sentenced all 21 of the men.

One group working to combat rampant sexual assault in the region welcomed the sentence in an article in Sabahi, a news website that covers the Horn of Africa, saying the punishment could help prevent future rapes.

But Mohamed Noor said he doesn't understand how the alleged crime was investigated, tried and sentenced in a single week.

"There was no parents. There was no lawyer. There was nobody," Noor said of the sentencing.

The brothers, who the family said do not speak Somali, have now spent more than two months behind bars in the tiny East African territory.

"I don't even know how to describe it," Jamal told Torstar News Service. "These people here, they don't understand us. We can't talk to anybody. It's so unfair."

TORSTAR NEWS SERVICE

Fit for a rat: T.O.'s pest issue

Blame the greens.
Pest-control companies say they've seen steady rise in past 5 years

Nancy Dover would like to sit by her pool and enjoy the last few days of nice weather.

But the Forest Hill resident said she can't. Dover, 61, said she's seen at least six rats in her backyard, and rats have been reportedly spotted all over the affluent neighbourhood.

"If I hear something, or if I feel something — I'm at the edge of my nerves," she said.

Pest-control companies say Dover's situation is becoming increasingly common, as Toronto's rat population rises.

Daniel Mackie, of Greenleaf Pest Control, said rat calls have increased 10 to 15 per cent every year for the past five years, particularly for residential areas that have historically been almost rat-free.

Mackie said Toronto's green movement may be to blame, although he stressed the growing rat population is probably caused by several factors.

"As the city of Toronto tries to become a little bit more green, or a little more natural, we're getting into more green spaces, people are putting gardens back in their yards," all of which support rats, he said.

Mackie said other factors include milder winters and construction forcing rats out from underground. Composters were also identified as dream food sources for rats.

TORSTAR NEWS SERVICE

Daniel Mackie, who owns Greenleaf Pest Control, holds a stuffed toy rat to demonstrate how the trap catches them. COLIN MCCONNELL/TORSTAR NEWS SERVICE

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Fraud. Fake clinic owner pleads guilty

A Toronto woman accused of bilking fellow Filipinos of more than $500,000 in a phoney chiropractic clinic scam has pleaded guilty to 16 counts of fraud.

Rowena Villanueva, 48, of North York will be sentenced next January after the victims present impact statements to the court.

Similar fraud charges against her husband, Quintin Robles, 57, are expected to be withdrawn, and will be dealt with on that day. The couple were originally co-charged with 34 fraud-related offences.

The guilty pleas by Villanueva come two years after a Torstar News Service investigation revealed dozens of investors were promised returns as high as seven to 10 per cent a month if they invested in a chain of rehab clinics Villanueva claimed she partly owned with others.

Many of the investors, most of them Filipino caregivers and personal support workers, lost their entire savings.

The investigation found Villanueva pulled off the scam by claiming to be part owner of the Physical Therapy One chain of clinics, using business cards and company letterhead to solicit investment funds. In some cases she got victims to take out loans to give the money to her, even driving some to their banks to get the funds.

When the victims tried to call in their investments, the couple dropped out of sight, leading many of the investors to believe they had returned to their native Philippines.

TORSTAR NEWS SERVICE

Promised returns

7-10%

Monthly returns investors were promised for investing in a chain of rehab clinics Villanueva claimed she partly owned.

CIBC enters the travel-reward-points fray

CIBC launches its enhanced Aventura Travel Rewards program Tuesday at a downtown event that featured CIBC ambassadors and ice sculptures tied to its new "So good even penguins can fly" campaign. CIBC says the program will allow clients to redeem their points on any airline and destination, and also use points for taxes and fees. CONTRIBUTED

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Lower Yonge Precinct Planning

NOTICE OF PUBLIC MEETING #2

Waterfront Toronto and the City of Toronto are jointly undertaking two studies in the Lower Yonge Precinct Area: an Urban Design Guidelines study and a Transportation Master Plan Environmental Assessment (EA). When complete, the studies will be used to develop the planning framework needed to guide the future development of the Lower Yonge Precinct Area.

The project team has been developing a set of draft urban design guidelines for the precinct area. These guidelines describe the organization of streets, blocks, parks and publicly accessible open spaces and set out expectations for future buildings including layout and the range of permissible heights. Alternative transportation networks have also been developed and analyzed in accordance with the requirements of the Municipal Class EA, which is an approved planning process under the *Environmental Assessment Act*.

Meeting Details

Your input is an important part of the process. We invite you to attend the second of three public forums in which we will present both the draft urban design guidelines and the alternative transportation networks that support the future development of the Lower Yonge Precinct. You will be able to ask questions, offer input and submit comments.

Date Thursday, September 19, 2013
Time: 6:30 to 9 p.m.
Location: Metro Hall (Room 308/309), 55 John Street
TTC: St. Andrew Station
504 King (to John Street)
Parking: Car Park 52 – 40 York Street

Learn more at www.waterfrontoronto.ca/loweryonge and www.toronto.ca/planning/loweryongeprecinct.
To be added to the project mailing list, please contact:

Andrea Kelemen, Waterfront Toronto
20 Bay Street, Suite 1310, Toronto, ON M5J 2N8
Tel: 416-214-1344 ext. 248 Fax: 416-214-4591
Email: info@waterfrontoronto.ca
Website: www.waterfrontoronto.ca

During the Municipal Class EA and planning process, Waterfront Toronto and the City of Toronto will be collecting comments and information regarding this project from the public under the authority of the City of Toronto Act, 2006, s. 136(c) and the Planning Act, 1990. Personal information collected will be maintained in accordance with the Municipal Freedom of Information and Privacy Protection Act and may be used to provide updates on this file. Questions about the collection of this information can be directed to the City Planning Division, City of Toronto.

building our new blue edge

Mike Meireles in a scene from Living Dolls, seen packing for his trip to a Barbie Convention. FACEBOOK

Documentary proves it's a doll world, after all

Living Dolls. Filmmaker reveals that the crazy collectors all around us are, in fact, people too

Stigma

"As I child I was so happy with them — and then I tucked them away, for fear."
Mike Meireles, Barbie collector

JESSICA SMITH
jessica.smith@metronews.ca

A Canadian documentary premiering this week explores complex adult relationships with dolls: as playmates, works of art, sexual partners and reflections of self.

In Living Dolls, filmmaker Maureen Judge introduces the audience to four doll-lovers.

One is Torontonian Mike Meireles. In the film, he reveals he had Barbies as a child, and that after he came out as a gay man, he came out as a Barbie collector as well.

"When I came to terms with who I was and who I was going to continue to be ... I felt I could be happy with my dolls again," Meireles told Metro at Judge's Toronto home.

Now, he lives with his partner and his Barbie collection in his mother's home.

The film also follows Debbie, a young, lonely British mom who collects fashion dolls, dresses them in teenage outfits and plays with them — to the point that it puts a financial strain on her family.

"Whatever it was she wishes was different about her life, I wish she had it," says her frustrated husband Colin in the film.

Another subject, Michael Sullivan, is an artist who created a stop-motion film about the sex lives of robots. He spends his time turning Barbies and GI Joes into robots.

The film wades into even racier territory with David, who collects anatomically correct life-sized dolls made of skin-textured latex. He isn't shy about sleeping or having sex with them.

Judge portrays the subjects honestly, and Meireles said he was treated with respect.

Before filming, Judge asked him what he thought of the other kinds of dolls people collected. He recalls cringing and making "politically correct" but not very positive comments about the other collectors' choices.

But then he got to know them through the film.

"Watching the other subjects, connecting with them on a level, I felt, maybe I should have been more open," he said.

"I hope people, when they watch the film, that's what they take away."

Showtime

Living Dolls premieres Oct. 5 on Global TV at 9 p.m.

Inspired by Real Collector Stories

August 23, 2013

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Tiny Yorkie Angel makes a big debut

Dog fight. The miniature puppy, currently about five centimetres tall, will have to wrest the smallest-dog-in-the-world crown from Milly, who was 9.65 cm

The Yorkie is the tiniest puppy the local veterinarian has ever seen. It may one day be the smallest dog in the world.

But first, it must survive, and Kim Passero is doing all she can to keep the squeaking palmful of dog healthy and strong.

Born five weeks ago, Angel weighs 163 grams, a measurement that makes more sense when you're ordering lunch meat at the deli. In a playpen in a kitchen near Alliston, she stumbles around next to Beanie Babies three times her size. Her 400-gram siblings are in another room. She is too fragile to be with them.

Awww! Angel licks Kim Passero with her tiny, pink tongue.
BERNARD WEIL/TORSTAR NEWS SERVICE

"You wanna play? You wanna bite mommy?" Passero, 49, coos at the puppy, lying on its back, batting its limbs at her fingers

Dr. Tashfeen Abbasi, of Pyne Hills Veterinary Hospital in nearby Tottenham, has never seen a puppy this small in his 16 years of practice.

"I expect maybe we'll have the smallest puppy," Abbasi says, referencing the world record.

The smallest dog in the world is Milly, a Chihuahua from Puerto Rico, which measured 9.65 centimetres from her feet to her shoulder blades this past February. Angel can't be measured because she's not that stable on her feet, but Abbasi guesses her height is five centimetres. TORSTAR NEWS SERVICE

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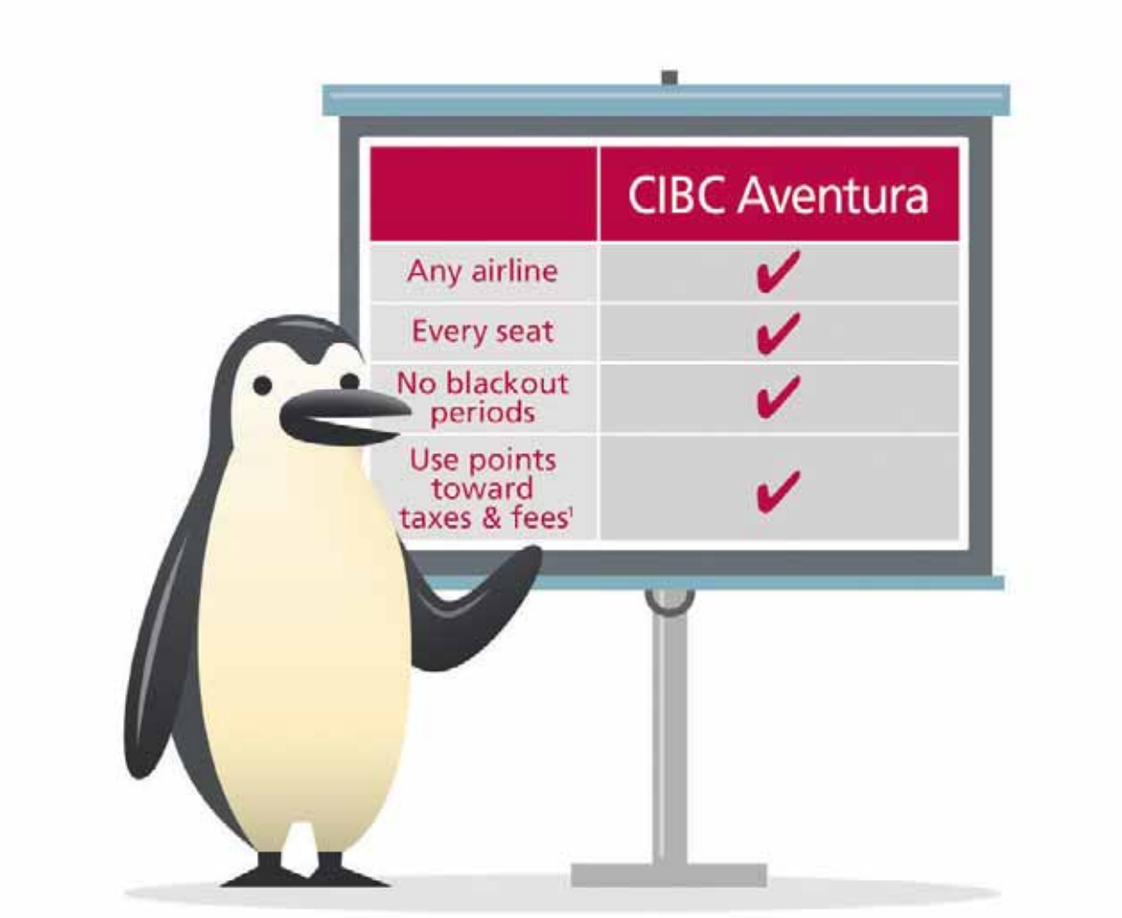

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That's it, folks, we're outta here

America shuts down. 800,000 federal workers sent home as historic wrangle over health care shutters many U.S. agencies

U.S. President Barack Obama pressed his flagship health-care program forward. THE ASSOCIATED PRESS

The U.S. Congress hung "Closed" signs on a big swath of government Tuesday.

About 800,000 workers were sent home.

Barricades sprang up at the Lincoln Memorial and other monuments.

The National Park Service was turning off 45 fountains around Washington D.C.

Agencies like NASA and the Environmental Protection Agency were shuttered.

More than a third of the federal civilian workforce was furloughed — equivalent to the combined workforce of Target, General Motors, Exxon and Google.

And on Capitol Hill, Democrats and Republicans traded blame for the first partial government shutdown in nearly two decades.

But people classified as essential government employees — such as air traffic controllers and Border Patrol agents — worked. So did members of the military and employees such as State Department workers who issue passports and visas.

With the Republican-controlled House and Democrat-controlled Senate at a stalemate, it was unclear how long the shutdown would last.

"There has to be better ways to run the government than to get to a standstill like this," said Cheryl Strahl, who travelled from California to take in New York City sites.

President Barack Obama accused Republicans of causing the closure as part of a non-stop "ideological crusade" to wipe out his signature health-care law.

Meanwhile, he pressed forward with it. "This is life-or-death stuff," Obama said.

He said tens of thousands of Americans die each year for lack of health insurance. "Today we begin to free millions of our fellow Americans from that fear," he added.

THE ASSOCIATED PRESS

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Demanding change: From left, Margaret Atwood, Kim Campbell, Nancy Ruth, Vivienne Poy and Sally Goddard. THE CANADIAN PRESS FILES

Women want to alter O Canada

Make it gender neutral? Author Margaret Atwood and former PM Kim Campbell seek change

A group of notable women is launching a campaign for gender-neutral language in the English lyrics of O Canada.

The group says the change would restore the national anthem to its original gender-neutral intentions.

The group — which includes author Margaret Atwood and ex-prime minister Kim Campbell — has set up a website to promote the idea.

It is calling on Canadians to join the campaign and encourage Prime Minister Stephen Harper's government to change the line "in all thy sons command" to "in all of us command."

The website RestoreOurAnthem.ca is being launched on the 100th anniversary of the change made to Judge Robert Stanley Weir's original English lyrics.

Quoted

"Restoring those lyrics to gender-neutral is not only an easy fix ... but it's long overdue."
Margaret Atwood

The coalition says for no documented reason the lyrics were revised in 1913 from "thou dost in us command" to "in all thy sons command" and it's time to make a change to reflect the inclusive intentions of the original lyrics.

Other members of the group include Senator Nancy Ruth, author and fashion designer Vivienne Poy and Sally Goddard, mother of Nichola Goddard, the first female Canadian soldier killed in combat. The campaign won't be able to count on the official Opposition for support, however.

NDP Leader Tom Mulcair said in Ottawa that the anthem is "wonderful" and "extraordinary" as it is and shouldn't be altered when it comes to gender.

"I think that when you start tinkering with an institution like a national anthem, that you're looking for problems," he said.

THE CANADIAN PRESS

Unique court case

A refugee from climate change?

A man from one of the lowest-lying countries on Earth is trying to convince New Zealand judges that he's a refugee — from climate change.

The 37-year-old and his wife left his remote atoll in the tiny Pacific country of Kiribati six years ago for higher ground and better prospects in New Zealand, where their three children were born.

Immigration authorities have twice rejected his argument that rising sea levels make it too dangerous for him and his family to return to Kiribati.

So on Oct. 16, the man's lawyer, Michael Kidd, plans to argue the case before New Zealand's High Court.

Kidd said he will appeal the case all the way to the country's Supreme Court if necessary.

THE ASSOCIATED PRESS

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Animal-rights activists hold solemn memorial

Animal Liberation Victoria activists hold dead animals at Federation Square on Tuesday in Melbourne, Australia. More than 200 activists gathered with the bodies of deceased animals to publicly grieve their deaths. Animal Liberation Victoria is against the treatment of animals as "property" and promotes a vegan lifestyle. Also on Tuesday, wildlife officials in Zimbabwe said at least 91 elephants were poisoned with cyanide by poachers who hack off their tusks for the lucrative illegal ivory market. GRAHAM DENHOLM/GETTY IMAGES

Syria. Chemical weapons team arrives in Damascus to destroy Assad's arsenal

Wading into the world spotlight, international inspectors arrived in Damascus on Tuesday to begin the monumental task of overseeing the destruction of Syria's chemical weapons in the middle of a civil war.

The inspectors from a Netherlands-based chemical-weapons watchdog have around nine months to complete their mission: Finding, dismantling and eliminating President Bashar Assad's estimated 1,000-ton arsenal.

Their task has been endorsed by a UN Security Council resolution that calls for Syria's chemical stockpile to be scrapped by mid-2014. The deadline is the tightest that the experts from the Organization for the Prohibition of Chemical Weapons have ever faced. THE ASSOCIATED PRESS

Crossing the border

An advance team of 19 inspectors and 14 UN staff members arrived in Damascus late Tuesday afternoon in a 19-vehicle convoy escorted from the Lebanese border by two Syrian Foreign Ministry representatives.

- The experts set up a logistics base for its immediate work, the UN said in a statement.

Foreign affairs

Canada doing 'everything it can' for 2 held in Egypt

At the behest of Prime Minister Stephen Harper, the government is doing "absolutely everything it can" to secure the release of two Canadians held in Egypt, Foreign Affairs Minister John Baird says.

John Greyson and Tarek Loubani were ordered detained for another 45 days on the weekend.
THE CANADIAN PRESS

Myanmar

Buddhist mobs kill woman, 94, torch 70 homes

Buddhist mobs killed a 94-year-old Muslim woman and torched more than 70 homes on Tuesday as sectarian violence again gripped Myanmar's Rakhine state, officials and residents said.
THE ASSOCIATED PRESS

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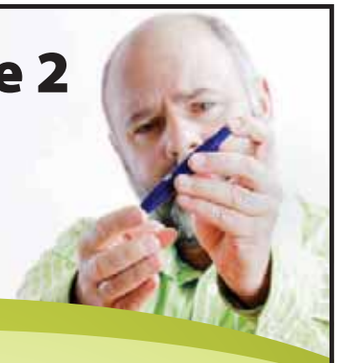

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A topless activist is carried out of the legislature visitor section by security after protesting the presence of a crucifix inside the legislature in Quebec City on Tuesday. JACQUES BOISSINOT/THE CANADIAN PRESS

Bare-breasted protest shakes up legislature

Quebec. Femen activists go topless, stage act of defiance over PQ's uneven approach to secularism

A topless protest against Parti Québécois identity politics erupted inside the Quebec legislature in a screaming, semi-nude act of defiance that derailed the daily question period Tuesday.

Premier Pauline Marois was answering a question when shouts erupted in the gallery and everyone's eyes, including the premier's, drifted upward.

As the protesters disrobed, they chanted a slogan against the presence of the crucifix in the chamber: "Crucifix, decalisse," they repeated in a crude Québécois expression loosely translatable as, "Crucifix, get the hell out of here."

The demonstration was quelled as security guards pulled a trio of half-naked protesters away from the chamber and struggled to dress them.

The group "Femen Quebec" claimed responsibility for the bare-breasted brouhaha.

THE CANADIAN PRESS

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CBC

Wearable computing. Canuck company debuts high-tech glasses for runners, cyclists

Vancouver-based Recon Instruments doesn't consider Google Glass to be a direct competitor to its high-tech eyewear, but the firm doesn't mind the comparisons.

While Recon believes it produces a very different type of computer-equipped glasses — which are targeted at sports enthusiasts rather than the mass market — it's happy to be mentioned in the same breath as the tech giant.

"They're doing us a huge favour by pushing the category and really showing people the value of heads-up information," says Recon CEO Dan Eisenhardt.

Since 2010, Recon has been releasing "heads-up display" products that give skiers and snowboarders a high-tech way to fly down mountains.

The latest device, the MOD Live, attaches to a pair of ski goggles and uses a small LCD screen to display information including GPS data, speed, altitude and temperature.

Users can also wirelessly link the device to their smartphone to see text messages and caller ID for incoming phone calls, and play music.

Now, the company is talking up a new product called Jet, sunglasses with similar technology designed for cyclists, runners and triathletes. And the tech world is taking notice. Last week, Intel said it was investing $4 million in Recon to help "accelerate product development, marketing and global sales."

THE CANADIAN PRESS

Instant data

"(You) could imagine all kinds of applications where ... you're outdoors doing an activity and you can get data that you need for that moment in time." Recon CEO Dan Eisenhardt, who says golf, hunting and sailing also offer opportunities for Jet eyewear.

Happy ... Batik Day?

Models show off outfits by designer Embran Nawawi, who launched a new line of Maduranese stamp batik clothing on Tuesday in Surabaya, Indonesia. On Oct. 2, 2009, the United Nations Educational, Scientific and Cultural Organization (UNESCO) formally recognized Indonesian batik as a world heritage tradition — and, since then, the date has been used to mark Batik Day. ROBERTUS PUDYANTO/GETTY IMAGES

Ebook service bets readers will buy into subscriptions

Publishing. Scribd, HarperCollins offer access to thousands of titles for monthly fee

Online document-sharing site Scribd is taking a page from Netflix's success story as it sets out to create the world's largest subscription service for digital books.

The opening chapter in Scribd's quest began Tuesday with the introduction of an ebook subscription service that will boast thousands of titles published by HarperCollins before July 2012. HarperCollins, which is owned by News Corp., becomes the first of the five largest U.S. publishers to join a service vying to create an alternative to buying individual titles.

Scribd will charge $9 US per month for a service that offers unlimited access to most of HarperCollins' back catalogue, as well as an assortment of other books from smaller publishers.

Recent bestsellers from HarperCollins aren't included in the subscription service, although customers will be able to buy new titles individually on Scribd's site.

THE ASSOCIATED PRESS

Different model

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Telecom

'Dirt cheap' mobile prices can't last, report concludes

A new report says that Canada's small wireless companies have undercut Rogers, Bell and Telus by more than half on voice and data prices in recent years, giving consumers lower cellphone bills. But it also says that these prices aren't sustainable.

The report by the Convergence Consulting Group says Wind Mobile, Public Mobile and Mobilicity — which is now under creditor protection — can't keep offering "dirt cheap" prices and stay in business.

As a result, the report says, the new players will have to bring up their prices to survive and expand their networks.

THE CANADIAN PRESS

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JUST SAYIN'

Paul Sullivan
metronews.ca

Oh, Canada, here we go again.

Another attempt to revise the lyrics of our national anthem.

This time, a group of prominent Canadian women including Margaret Atwood and Kim Campbell want to change "In all thy sons command" to "In all of us command," which is OK by me. I could never quite get my head around, "In all thy sons command," anyway. It's not as if we talk like that.

"Like, true patriot love in all thy sons command."

"Whatever, dude."

The point is, the prominent women are feeling left out. They want Canada to command an upwelling of true patriot love in female glowing hearts as well, and who can blame them?

Of course, some people think it's a bad idea to mess with the lyrics of our national anthem. Is nothing sacred etc.? It might help them to know that the original 1908 lyrics include the phrase "thou dost in us command" which makes no sense at all but at least it's gender neutral.

They should also know that O Canada wasn't even our official national anthem until 1980. Before that it was God Save the Queen, which, like the Queen, goes on forever. O Canada is much snappier, especially now that some of the "dosts" "thous" "thees" and "thys" have been eliminated.

In the face of the argument that the prominent women are only seeking a revision of the revision, traditionalists will fall back on the problem that if you mess with one line, the whole thing opens up, encouraging people with nothing better to do than lobby for new words to the national anthem.

Take "our home and native land," for instance. In 1990, Toronto's city council actually voted to encourage the government to change it to "our home and cherished land" because some non-native Canadians might feel left out.

Not to worry. They're too busy trying to figure out "true patriot love in all thy sons command."

Meanwhile, the next generation has tuned out. According to a 2010 University of Victoria survey, nearly 70 per cent of high school students enrolled in choir don't know the lyrics to O Canada, regardless of the version. And that's the in-tune student body. Presumably the fail among the general population is even higher.

Traditionalists will argue that's because they don't sing the song at the start of the day at school anymore, and maybe they're right. In fact, the only place we do sing it is at professional sporting events, usually alongside the Star Spangled Banner, which doesn't make any sense either.

But that's OK. It's an opportunity for Beyoncé or Nikki Yanofsky to look good and sound good while they funk up the tune.

After all, we stand on guard for what so proudly we hailed at the twilight's last gleaming from far and wide. Don't we?

Visit metronews.ca to watch the video and share your opinion.

ZOOM

The horror of war in numbers

THEFALLEN9000.INFO PHOTOS

Stenciled bodies recall Normandy

In an awe-inspiring and emotional project, the silhouettes of 9,000 bodies were stenciled on a beach in Normandy, France, as a tribute to those who died during the Second World War.

Titled The Fallen 9000, the work served as a visual reminder of the Allied and German forces, and civilians, who died during the D-Day beach landings at Arromanches on June 6, 1944. METRO

Concept to creation

"It was a quiet and emotional statement about what happens in the absence of peace. After I made my first figure, I broke down crying."

Jamie Wardley, artist
Wardley, 33, came up with the idea for the project with Andy Moss, 50

Silhouettes erased but impression lasts

The two sculptors came up with the idea for the International Day of Peace, a global observance day instituted by the UN.

The sculptors from Bradford, England, spent two years organizing the event. The silhouettes were later erased by the tide, but the project's effect lives on.

"Veterans are telling me how it brought home the impact war has," artist Jamie Wardley said. METRO

About 200 volunteers from various backgrounds and ages raked with stencils.

Clickbait

HANNAH ZITNER
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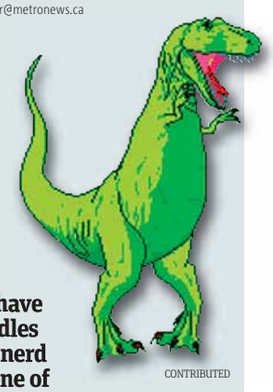
You know you've made an impact when you get an asteroid named after you, right? Web comic creator Randall "XKCD" Munroe (now of the Asteroid 4942 fame) has proven comedy and science/math/language/smart stuff can go hand in hand. Running since 2005, XKCD comics have evolved from scanned doodles to 3,000-panel time lapse nerd jokes. Though Munroe is one of the web comedy pioneers, he's certainly not alone.



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Perry Bible Fellowship:

Running as a weekly comic in the mid-2000s, getting a book deal in 2011 and now publishing 'whenever,' PBF's humping dinosaurs, pregnant teenage chickens and bad apples are a staple of Internet comics.

Dinosaur Comics:

Celebrating its 2,500th (at least according to the URL) comic Tuesday, Dinosaur Comics somehow manages to keep the LOLs rolling using the same six panels featuring a green T-Rex and a gay (they say) Utahraptor.

Twitter

@metropicks asked: Kingston Pen is rife with stories of escape and revolt. Now that it's shutting its doors, what should be done with it?

@OttUncensored: make it a taco stand!

@AlexnotAlecs: Trendy condos. Student housing. Convert the entire thing to a maximum security day care centre. No babies climbing those walls.

@twitandrewking: A pen factory.

@Banannikka: Youth Hostel!

@iamAngC: leave it the way they walked out of it don't sugar coat it and open it to the public

@kasey_with_a_k: turn it into a museum, like alcatraz. People will pay for a good criminal ghost story or two. #tourism

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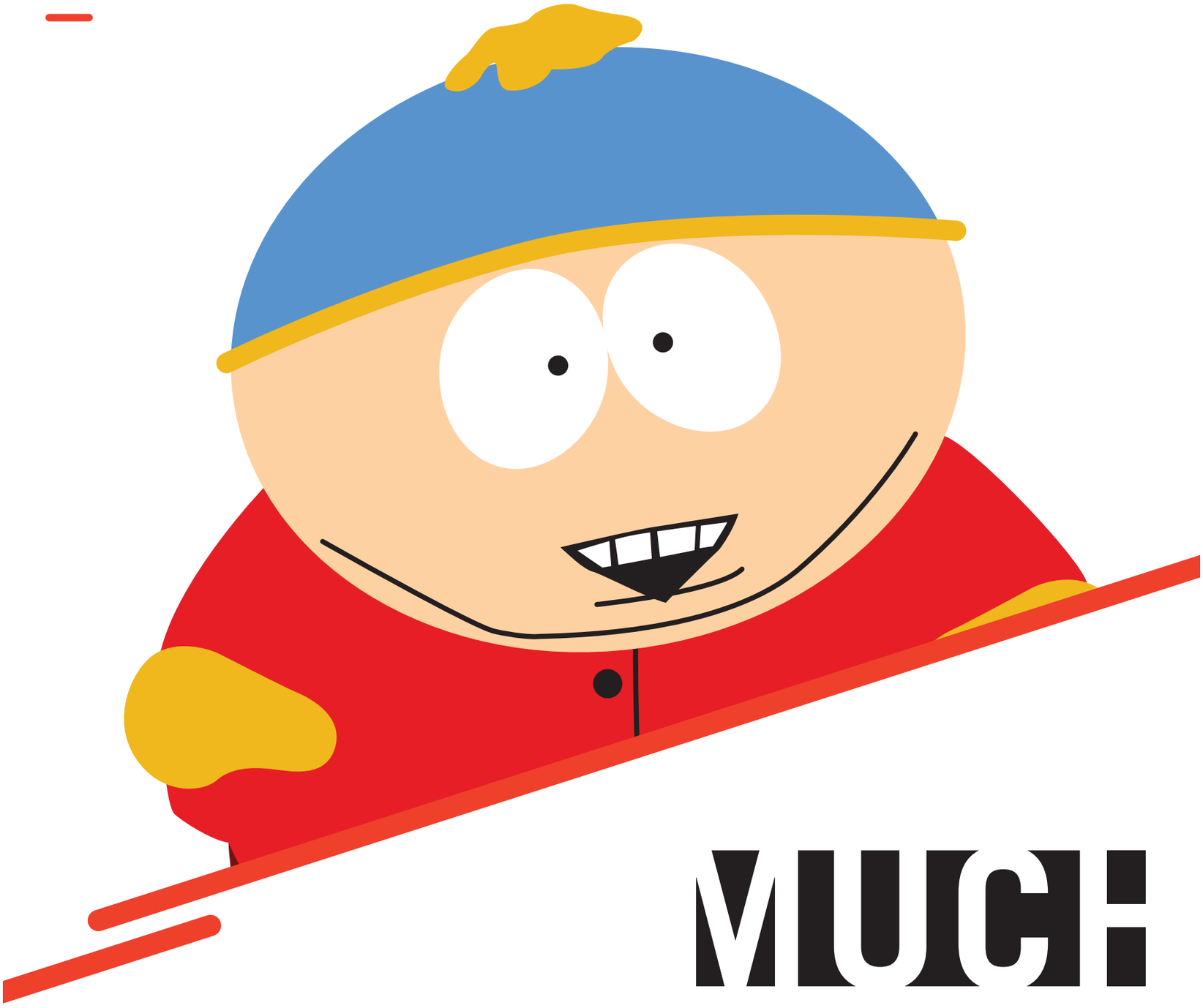


MUCH

Gravity can get heavy but it will pull you in nonetheless. CONTRIBUTED

Stomaching zero-gravity

Interview. Alfonso Cuarón talks about making space film and surviving the Vomit Comet

NED EHRBAR
Metro World News in Hollywood

Alfonso Cuarón apologizes for the delay in bringing his latest film, Gravity, to the masses, but properly presenting outer space turned out to be a tough nut to crack.

And rest assured, the results are worth the wait. Plus, Cuarón got to discover a new favourite past-time: Experiencing zero-gravity on the Vomit Comet.

I suppose my first question after seeing this film is: how?
Well, the first thing is we're trying to do a film that takes place in space but that looks like those Imax documentaries that you're used to seeing. We didn't want it to look like a comic book or a fantasy rendering of space. So that was the point of the departure. The rest of the conversation was, "OK, how the heck are we going to do it?" So we tried several existing technologies. Nothing existed that we could use so we had to invent our own tools. And then four and a half years later, here we are.

You just get such fluid camera motion, which you've always had, but it's amplified here.
It's because there's no up and there's no down. That's the thing, we wanted to honour the physics and the mechanics in zero-G, including not only the character and the objects but the camera. A lot of that was informed by doing tests in different systems and possibilities, including parabolic flights — the Vomit Comet. Once you're floating you don't have much control. Your inertia dictates how you move. We talked about that, that the camera was also in zero-G, the camera is not controlled.

Did you get sick on the Vomit Comet?
No, I loved it. The stunt man actually threw up, but I didn't. I loved it, I loved it. It's really amazing, it's so much fun. And I'm a wimp with roller coasters, I cannot stand them. But this one, I could do it all day long. The beautiful thing of the parabolic flight is when you start floating, for me it was one of those things that felt almost primal and familiar.

Did you feel much resistance from the studio about the idea of a female lead?
No, no. There's the expression in the film, "Houston in the blind," which is a real expression when there's no communication, and the studio was in the blind. They were paying all this money to develop a technology that we didn't know was going to work, then investing in a shoot that we didn't know was going to work, then on top of that after the shoot they weren't able to see anything for eight months. And then we arrived to our release date a year ago and we were not ready. They said, "Do you need a couple of months?" "No, we need a year." And they had to keep on going. And with Sandy, yeah obviously when you are at some early stage there are voices that say, "Why don't you do it with a male lead? It's more exciting and we can have these actors. These kind of movies work better with a male lead." Yeah, you have some voices, but the moment that I said that I couldn't envision this film with a male lead, they were OK with it. There was no huge pressure.

I still get angry about the botched release of Children of Men, which was criminally overlooked when it came out.
I guess it was the release and stuff, but frankly maybe it was that it didn't connect with audiences, you know?

In Focus

Gravity has other movies circling it

IN FOCUS
Richard Crouse
scene@metronews.ca

It's one thing to feel cut off from other people. It's another thing to be alone thousands of miles above the earth.

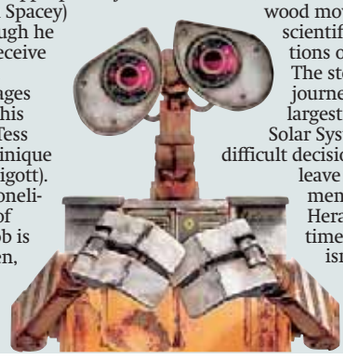
A new film from Children of Men director Alfonso Cuarón does a great job of showing the isolation felt by two cosmonauts who, in the words of David Bowie, are "sitting in a tin can, far above the world."

Gravity stars Sandra Bullock and George Clooney as astronauts who get pelted by a debris storm, comprised of bits and pieces of old satellites. With their space shuttle disabled and their communications offline, they are forced to become Space MacGyvers in order to survive.

Bullock and Clooney aren't the first movienauts to be cut adrift in space. From animated films like WALL-E to epics like 2001: A Space Odyssey, Hollywood has mined the vastness of space in some unforgettable movies.

In the film Moon, Sam Rockwell is astronaut Sam Bell, a Lunar Industries employee living and working on a space station on a three year contract.

His job is to tend to machines that are "harvesting solar energy from the dark side of the moon" and providing almost 70 per cent of Earth with power. His only companion is a robot/cup holder named Gerty (voiced by the appropriately named Kevin Spacey) although he can receive taped messages from his wife Tess (Dominique McElligott). The loneliness of the job is broken, however, when he discovers that he may not be truly alone.



The comparisons to 2001 are obvious, made even more apparent by Spacey's HAL-like delivery of his robot lines, but director Duncan Jones has simply used Kubrick's film as a visual reference on his way to creating a unique and fascinating movie. Another thing he borrowed from Kubrick and many other sci-fi films of the '60s and '70s is his emphasis on ideas rather than special effects. Michael Bay this ain't.

One of the earliest alone-in-space movies came in 1950. Destination Moon is noted as the first Hollywood movie to contain scientific representations of space travel. The story involves a journey to the fifth largest moon in the Solar System and the difficult decision to possibly leave one crew member behind. Heralded at the time for its realism, through today's eyes it looks somewhat corny.

She's eaten, prayed and loved. Now what?

The Signature of All Things. Author of famous memoir returns to fiction with historical botany-focused tome

MEREDITH ENGEL
Metro World News

After writing one of the most revered books of the last decade, one might assume the pressure would be on Elizabeth Gilbert to somehow top the massive success of her 2006 memoir, Eat, Pray, Love. But Gilbert's not having any of that.

"The pressure for me wasn't even, 'How do I beat that?' Because you can't beat that," says the author of the new fiction tome The Signature of All Things. "That was a ridiculous tsunami of a phenomenon. There's no way to do it again, and it doesn't have to happen again."

Without those anxieties, Gilbert allowed herself to explore fiction, a genre she had left 13 years earlier. The writer went back to her roots — and explored a whole bunch of literal roots — for her new botany-focused novel, The Signature of All Things.

Signature follows the story of Alma Whitaker, a gifted plant scientist who wrestles with her beliefs after falling in love with a man whose passions lie in the mystical and divine. In the story, which takes place in the 19th century, Gilbert takes her characters on a cross-country journey not unlike the one she embarked on for her famous memoir.

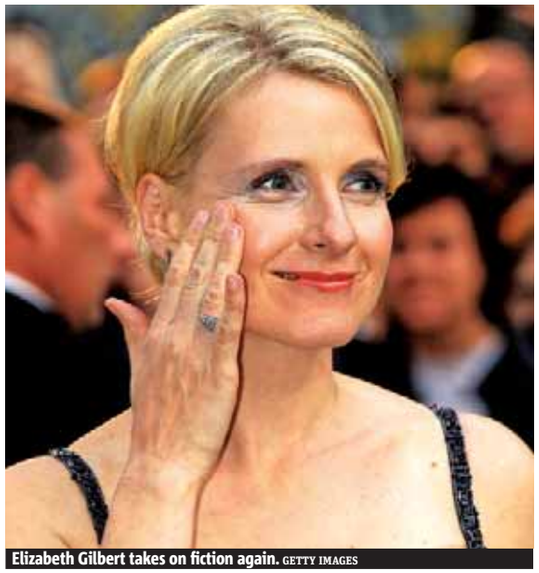
What drew you back into fiction?
I missed it! It's where my heart is. Let me begin by just saying I have no regrets whatsoever about having written Eat, Pray, Love — obviously it's been a great move in my life. (But) my intention always has been to be a fiction writer.

I was well on that path with my first two books, and then I really kind of needed my writing in my 30s for something else — I needed it to help me sort some things out. And I used my writing exclusively for that purpose for the entirety of my 30s. I got everything sorted out as much as anybody ever can. I just wanted to go back to what I had always loved.

Was it easy to get back into that groove, or was it harder than you remembered?
I was so daunted by what I was taking on because I hadn't written fiction in 13 years; hadn't written a short story, nothing.

So I had not only lost my confidence that I knew how to write fiction, I had also lost my confidence that I knew why we write fiction. I sort of had forgotten, what do you do this for? And then I had taken on material that I'm not familiar with: I'm not a botanist; I'm not a historian.

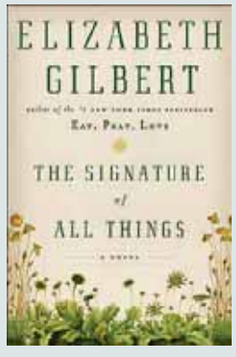
Having gone from laying everything about yourself bare, to keep yourself out of it must have been a different challenge.
It was. And it was fun. But I don't know how well I kept myself out of it. I think people who know my writing will recognize my themes in there, the same stuff I've always written about: exploration of self versus other, how we define ourselves, who our obligations are to, what happens when we finally leave. All of those questions — mysticism versus rationalism — it's all me.


Elizabeth Gilbert takes on fiction again. GETTY IMAGES

Character development

Your characters do a lot of travelling in this book. Did you want their experiences to mirror your own?

- "It's funny because initially my intention with this book was that Alma would never leave (her estate). I wanted to explore what women with tremendous intellects do in order to discover the world when they aren't allowed to travel ... but I just couldn't leave her there for her whole life!"



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The Situation opens up about addiction

On Jersey Shore, Mike "The Situation" Sorrentino was always happy to be hitting the club, fielding grenades and getting his GTL on.

But off-camera, the star struggled with an issue millions of Americans quietly try to keep to themselves: prescription painkiller addiction.

Since going public with his battle last year, Sorrentino helped launch ResetReality.com, a resource for anyone struggling with addiction or has a loved one struggling. Sorrentino confided in us about his addiction, and how he overcame it.

The start of a problem

"Obviously it didn't start as an addiction. I was initially just hurt — it was probably an existing injury from when I was younger. I injured myself on (Dancing with the Stars) — I threw my partner over my shoulder and I hurt my lower back and neck. And then I was prescribed by a doctor a medication, which was an opioid prescription painkiller."

Rock bottom

"My turning point was on one of my appearance tours, abroad in Australia, (when) I couldn't get my medication I was prescribed. They don't even actually make it in Australia. At that time there was just no way for me to get it and I proceeded to go into probably the early stages of withdrawal. I had an event to go to, and my family is with me, friends are with me, and we're ready to go to the event and I'm in bed, and I said, 'I'm not going.' And they said, 'Mike, we gotta go, there's a car outside. We'll help you get ready.' The only thing on my mind that I can think of was, 'I don't care, I'm not going. I don't feel well. Tell them I was sick.' And once I saw the looks on my family's faces — disappointment, frustration, helplessness — I realized I put that there. I didn't want to be the one to hurt my family in any way. And I was like, 'Wow, I'm causing this, and what's really causing this is my addiction.' I was like, 'If I can't even get dressed for this, how am I gonna do the next Jersey Shore? How am I gonna have a wife and kid?"

At rehab

"I remember on the plane to rehab — it was Utah — I just thought it was gonna be like a country club. But it wasn't. It was probably the most traumatic experience in my life, because once you start to detox and become yourself again all these feelings come back that maybe I was trying to hide or maybe I didn't want them to be there, as well as the good feelings, and you're overwhelmed." METRO

Mike "The Situation" Sorrentino. GETTY IMAGES

YouTube Music Awards

YouTube snags Lady Gaga for awards show

YouTube is launching its own music awards and Lady Gaga will perform at the first-time event.

The Google Inc.-owned company announced Tuesday that Eminem and Arcade Fire will also perform at the YouTube Music Awards on Nov. 3.

The awards show will honour "artists and songs that YouTube fans have turned into global hits over the past year." Nominees will be announced Oct. 17. Actor Jason Schwartzman will host the awards.

THE ASSOCIATED PRESS

Trophy Wife

Akerman brings comedic chops to network TV

After roles in films such as 27 Dresses and Wanderlust, Malin Akerman is bringing her comedic chops to network TV with the sitcom Trophy Wife.

The show, airing Tuesdays on CTV, stars Akerman as Kate, a woman newly married to an older man (played by Bradley Whitford) who is twice divorced with three kids. It also stars Marcia Gay Harden and Michaela Watkins as the ex-wives. Her busy film schedule made her interested in taking on TV full-time.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Amanda Bynes. ALL PHOTOS GETTY IMAGES

Amanda Bynes' meltdown just got way less funny

Amanda Bynes has been formally diagnosed with schizophrenia and bipolar disorder, according to Radar Online.

"It was what Amanda's parents, Rick and Lynn, had suspected all along," a source says.

"Nevertheless, it was difficult to process for Amanda's parents. The bright side is that Amanda can lead a long, normal life as long as she takes her medication. Doctors at the treatment facility are still working to get Amanda therapeutic meds and she is responding to the medications she is being given to treat her dual diagnosis."

The Word

Cher still has no problem telling it like it is

ALEXANDRA CAVALLO
Metro World News

You know who is one of the baddest mamba jambas in the music industry, to this day? Cher. Do not even try and tell me that Cher is not the coolest old lady around, because I am armed with irrefutable evidence with which to counter you.

Firstly, she called out Madonna — one of the other old ladies still behaving like a boss in the biz — for being, well, for being kind of a B.

Secondly, she threw said shade at Madge in a Reddit forum.

Yes! Cher is older than my mother, who has just barely mastered the fine art of electronic mail, but the lady is well-versed in the ways of the Internet nether-regions.

Over the weekend, she logged on for an Ask me Anything open forum on Reddit (oh, by the way, she introduces herself on said forum thusly: "Hi, I'm Cher, I'm 100 years old") during which someone asked why she hated Madonna.

Cher, being the classy yet truth-spitting broad that she is, responded, "I never hated her; I just thought she was a bitch."

And that, my friends, is 'nuff said.

Miley Cyrus

Miley majored in twerking instead

Before embarking on her post-Disney career, Miley Cyrus admits she flirted with the idea of going to college.

"I kind of like the way Mary-Kate and Ashley (Olsen) did it. They were bajillionaires from being these kid stars, and they decided that that wasn't the future that they wanted," she tells Rolling Stone.

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with the TTC

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TORONTO TRANSIT COMMISSION

Italy

There IS something to rent in Tuscany

ON THE MOVE
Loren Christie
life@metronews.ca

Want to plan the perfect week in Tuscany? Here's how to make this bucket list holiday to Italy a reality.

Vacation at a villa. Do your research and compile a list of must–haves such as Internet access, swimming pool and number of bedrooms required. Get testimonials from past guests. The pleasant surprise with a villa is a large group will often pay less than they would in a hotel. I recently rented a gorgeous 500-year-old villa outside of Cortona with eight friends and it cost us $500 per person for the week.

Rent a car or bike. Iconic Italian cities like Florence and Siena are easily accessible and worth exploring, but to truly discover the hidden gems of Tuscany, you need your own wheels. The charming towns of Montepulciano, Cortona and San Gimignano are just a few of the dozens worth a visit. If you are pedalling on your own steam, I would recommend that you are in good shape, as the countryside is hilly. If you are renting a car, go small as some of the streets can be narrow.

Taste the local flavours. Forget fusion; a good meal in Tuscany is about celebrating what's in season. Whether mushrooms, truffles or tomatoes, eat the food that is fresh. Make sure to sample the regional specialties, such as Florentine steak, Pienza's pecorino cheese or my personal favourite, wild boar pasta.

Hit a winery. Many of the wineries in Tuscany do not like walk-ins, especially if you are travelling in larger groups, so call and reserve a tasting in advance. Ask if there is a restaurant on-site and enjoy your tasting along with a meal. I recommend the Salcheto Winery just outside of Montepulciano. The view from their lunch table was incredible.

And don't forget to take a soak.

In Italy a day at the spa is about soaking, steaming and mud baths.

The beach at the Fairmont Southampton hotel is perfect for swimming. The rocks off shore make a great diving spot, too. JIM BYERS/METRO

Soak in the sun and sights of Bermuda

Kick back. The weather is hot and the vibe is cool in this tropical paradise

JIM BYERS
@jimbyerstravel
jimbyerstravel.com

You probably know about the golf. And you might think there are a lot of guys in funny shorts and long socks. But Bermuda is more hip than you might expect.

A climb to the top of Gibbs Hill Lighthouse reveals fabulous views of colourful houses, deep bays and the string of islands. JIM BYERS/METRO

Drinking

There are two traditional drinks in Bermuda. The Dark and Stormy has ginger beer, dark Gosling's rum (no other kind counts) and lime juice. Folks rave about Bermuda's Rum Swizzles but I found the one I tried at the famous White Horse Tavern in Bermuda far too sweet. In the main town of Hamilton, the Pickled Onion is a sleek affair that wouldn't look out of place in Toronto's Yorkville or Vancouver's Yaletown. When I was there drinks included "Pink Panties" and "The Black Banana." Ahem. Flanagan's Irish Pub on Front Street in Hamilton has reasonable prices and a second-storey patio overlooking the harbour.

Sleeping

The Fairmont Southampton is a pink beauty on a hill along the south shore. There's a great beach and it's adjacent to marvellous Horseshoe Bay. Rooms in October go from about $330 a night. I stayed at a casual but adorable spot in the village of St. George's called the Crooked Elbow, close to a couple of nice beaches and cool forts and only a short walk from shops and pubs. It's got lots of space and goes for about $150 a night in high season, with a five night minimum.

Dining

St. George's has a couple of places on the waterfront, including Tavern on the Sea (decent food; great views). The online reviews are good but at dinner in St. George's I found Wahoo's Bistro only adequate. The Waterlot Inn, affiliated with the Fairmont Southampton, is a stunner. I had a three-steak tasting menu that was $60 but it beat the heck out of Ruth's Chris. The service is terrific and the sticky toffee pudding with vanilla ice cream will have you singing with joy. Stuff yourself at the Jamaica Grill in Hamilton with jerk chicken, rice and peas and other Jamaican delights in a cheap but fun neighbourhood joint. Mickey's sits on the edge of Elbow Beach and you can dine a few inches from the sand. They do a lovely grilled seafood platter with scallops, shrimp, salmon, local fish, octopus and tender calamari, plus veggies and mashed potatoes, for about $40.

Doing

Bermuda is famous for reefs that have caused many a shipwreck; bad if you're a sailor but great if you're a diver. May to October offers the best chance for calm, clear water and is the best time for swimming, especially on exposed south shore beaches. You also can try horseback rides or rent bikes or mopeds, which are everywhere. Or explore the shops and fun streets in St. George's, including Featherbed Alley and Old Maids Lane. Oh, OK, you are a golfer? There are courses galore, none more famous perhaps than Port Royal, where they hold the annual PGA Grand Slam event, featuring the winners of golf's four major tournaments (Oct. 14 to 16 this year). One too many rum swizzles? Climb the Gibbs Hill lighthouse to work off some calories and soak in views of all Bermuda's islands.

What are you, some sort of expert?

A word to the wise on what it takes to advise. Do you have the goods to take on a career in the consulting field?

MEGHAN GREAVES
TalentEgg.ca

Are you thinking about a career in consulting?

If so, you're probably wondering what it takes to be successful in the industry. Since there are many fields within consulting, diverse personalities and dispositions can find an excellent career fit as a consulting professional.

However, successful consultants tend to have a core group of personality traits that they apply to different extents in their discipline.

You're a "people person"

As a consultant, you'll be working with your team and multiple clients, so you're bound to feel like an outsider at some point or another.

Consultants need to be able to remove the barrier between themselves and their clients to build trust and confidence. In order to do this you need to feel comfortable working in different environments and with different people on a daily basis.

Above and beyond

You're willing to go the extra mile, and then some

- Solving problems, influencing your clients and creating innovative ideas are just the tip of the iceberg for consultants.
- To be successful, you need to enjoy getting lots done for your clients. Companies hire consultants because they want their expertise, so to impress them you must give that and more — and enjoy doing it!

You're a multi-tasker

As a consultant, you'll have to constantly manage multiple clients, all of whom come to you with different tasks, questions, concerns and suggestions.

Your plate will always be full. The trick to not getting overwhelmed is to prioritize your tasks effectively so each client's needs are met.

If you find that multi-tasking comes naturally to you, a career in consulting may just be your calling.

You're passionate

Not only do consultants have to be passionate about their industry; they have to be just as passionate about helping clients. A client can tell if you truly care about his or her success.

You're confident

Everyone has bad days no matter what field they work in. A great consultant can get back on the horse when things aren't going smoothly. While doing this, you'll also need to motivate your team to keep chugging along and provide them with solutions to the problems ahead.

As a consultant you'll get tough feedback, experience set-backs and make difficult decisions. A successful consultant can push through these barriers with confidence.

You're resourceful

Being resourceful is an extremely helpful trait to have as a consultant.

This trait will help you know when to ask for advice, and where to find the right information.

You can't be scared to ask for help, especially when starting out!

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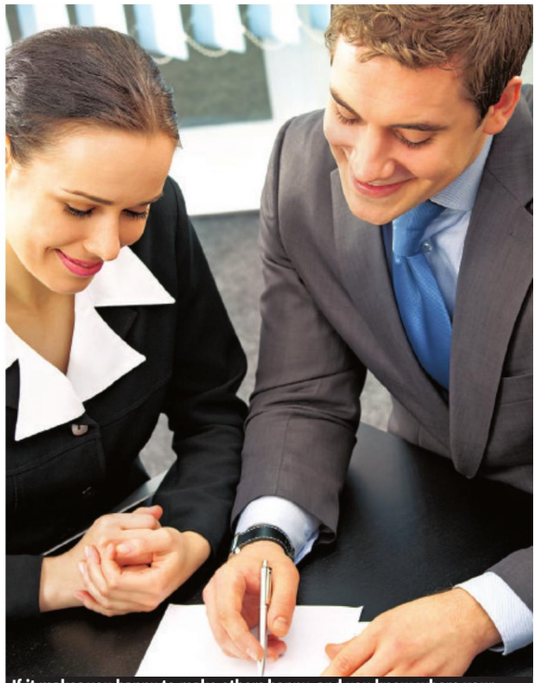

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Ingredients

- 2 cups (500 ml) raw cashews
- 1/2 cup (125 m) chopped pitted dates (about 5)
- 1 lb (500 ml) strawberries
- 1 large fully ripened avocado from Mexico, halved, pitted and peeled
- 3/4 cup (175 ml) coconut oil
- 1/4 cup (60 ml) lemon juice
- 1/3 cup (75 ml) raw agave syrup
- 1/2 tsp (2 m) raw vanilla extract
- 12 fresh strawberries, sliced (garnish)

Crust

- 1 1/2 cups (375 ml) chopped or sliced raw almonds
- 1/2 cup (125 ml) shredded unsweetened coconut
- 1/4 tsp (1 ml) salt
- 1/2 cup (125 ml) chopped pitted dates (about 5)

1. In bowl, place cashews and dates. Pour in enough water to cover; let stand for 1 hour. Drain.

2. Meanwhile, mist 24, 1/2 cup (125 ml) ramekins (or other similar-sized freezeproof molds) with cooking spray. Line each with plastic wrap, leaving enough to create a bit of an overhang for “handles.”

3. Crust: In food processor, add almonds, shredded coconut and salt; pulse until in coarse crumbs. Add dates; pulse until well combined. Divide and press into bottoms of ramekins.

4. In high-power blender, or in clean food processor bowl, add drained cashews and dates, the strawberries, avocado, coconut oil, lemon juice, syrup and vanilla. Process until very smooth. Pour over bases; freeze until firm, at least 2 hours.

Strawberry-Coconut ‘Cheese’ Cake

This recipe makes 24 mini-cake servings. MISSAVACADO.CA

5. Remove from freezer 30 to 60 minutes before serving (or, move to refrigerate up to 1 day ahead); remove plastic wrap, plate individual cakes, and let thaw. To garnish, top each with sliced strawberries.

MISSAVACADO.CA

Drink of the Week

Kick Start PB and J Smoothie

- 1 ripe banana
- 1 cup (250 ml) 3% plain yogurt
- 1 cup (250 ml) ice cubes
- 1/3 cup (75 ml) PC Blue Menu No-Stir Smooth Peanut Butter with Meg-3
- 1/4 cup (50 ml) PC Blue Menu Twice the Fruit Strawberry Spread
- 1/2 tsp (2 ml) vanilla

In blender, combine banana, yogurt, ice cubes, peanut butter, strawberry spread and vanilla. Purée until smooth and silky. Divide among four glasses. **PRESIDENT’S CHOICE**

New way, old favourite

This recipe makes 20 cupcakes. PRESIDENT’S CHOICE

Ingredients

- 1/2 cup (125 ml) unsalted butter, softened
- 1 cup (250 ml) sugar
- 3 eggs, at room temperature
- 2 cups (500 ml) all-purpose flour
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) baking soda
- 1/2 tsp (2 ml) salt
- 1-1/4 cups (300 ml) buttermilk
- 1 tsp (5 ml) pure vanilla

Topping

- 3/4 cup (175 ml) smooth peanut butter
- 1/2 cup (125 ml) PC Blue Menu Light Cream Cheese, softened
- 1/2 cup (125 ml) PC Unsalted Country Churned Butter, softened
- 1/2 cup (125 ml) icing sugar
- 1/8 tsp (0.5 ml) salt
- 1/2 cup (125 ml) PC Blue Menu Twice the Fruit Strawberry Spread

Peanut butter and jam is a childhood favourite. Enjoy it anew with these Peanut Butter and Jam Filled Cupcakes.

1. Preheat oven to 350 F (180 C). Line two standard muffin tins with 20 paper liners.

2. In bowl of stand mixer fitted with paddle attachment, beat butter with sugar on medium speed for 3 to 4 minutes or until light and airy. One at a time, beat in eggs, beating well after each addition and scraping bowl between additions. Into another bowl, sift flour, baking powder, baking soda and salt. Add half of flour mixture to butter mixture. Mix on low speed just until combined. With machine running, slowly pour in buttermilk and vanilla. Scrape side of bowl and continue to beat until combined. Add remaining flour mixture; beat on low speed just until smooth. Scrape down side of bowl; beat on medium speed for 30 seconds. Evenly divide batter among paper liners in prepared muffin tins.

3. Bake in centre of oven 15 minutes. Rotate pans front to back; bake another 8 to 10 minutes or until golden and tester inserted in centre comes out clean. Cool for 5 minutes in tins. Transfer cupcakes to rack and cool to room temperature.

4. Topping: In bowl of stand mixer fitted with paddle attachment, beat peanut butter, cream cheese and butter on medium speed for 1 minute or until creamy and light. Add icing sugar and salt; beat on medium speed 2 minutes or until smooth and creamy. Place mix in pastry bag fitted with 1/2-inch (1 cm) star or plain tip. Pipe border around each cooled cupcake. Place a heaping teaspoon (5 ml) strawberry spread in centre of each.

PRESIDENT’S CHOICE

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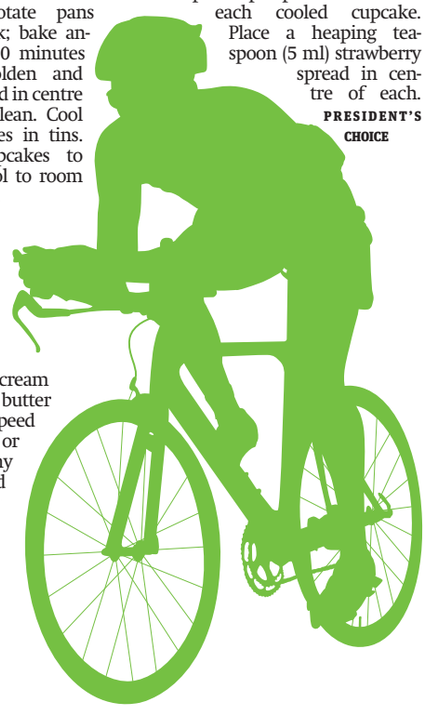

Get excited about fall

MICHELLE WILLIAMS
For Metro

Fall provides an abundance of family-friendly activities for parents and kids. Get excited about fall with some of these fun ideas.

Go "leafing"
"Talk with your kids about why the seasons change and collect leaves from different trees," said Katie Bugbee, senior managing editor and global parenting expert for care.com. "When you get home, have kids make leaf rubbings by taping a leaf to cardboard, layering a piece of paper over it and gently colouring over the leaf with a crayon."

Visit a farmers' market
It's harvest time so there is plenty for kids to see and do and lots of good things to eat. "Many farmers' markets also host special fall festivals, so check your local calendars," Bugbee said.

Volunteer
During this special season of thanks, volunteering is a great family activity. "Choose a charity that's important to your family and figure out the best way to give back," Bugbee said. "Consider raking leaves at a nursing home or helping out at a local animal shelter. Kids will look forward to volunteering if you make it a fun and personal experience."

Make a giving tree
"This is a great opportunity for the entire family to think about all the wonderful things that have happened in the last year," Bugbee said. Cut out paper leaves and have family members write what they are thankful for on them. Then attach them to a paper cutout of a tree.

Volunteering, like raking leaves at a nursing home, is a great family activity during this special season of thanks. FUSE/THINKSTOCK

Couples can turn over a beautiful new leaf

Cosy up for fall with some outdoor fun to enjoy with your special someone. Connect with one of these fall favourites, recommended by Lavalife's Carmelia Ray, Lava365.com dating and relationship expert.

Check out an Oktoberfest event. It's a great date idea for couples. "Exploring different foods and cultures allows you to enjoy new experiences and create new traditions together."

Go apple picking. There is something romantic and nostalgic about the crisp, cool air and the beautiful colours of fall. "Visit a local orchard, then take home your freshly picked apples and make your own apple juice, ciders, pastries and apple pie."

Plan an outdoor photo or video shoot. Taking pictures of each other is fun and romantic. "Social sharing apps like Instagram or Pic Stitch let you quickly capture special moments in a fun and easy way."

There is something romantic about picking apples in the crisp, cool air amid the beautiful colours of fall. ISTOCK/THINKSTOCK

Go for an outdoor hike or bike ride. "Couples who play together stay together." Physical activity has many health benefits, and the bonus is you can have a lot of fun getting active. "And couples who share the same lifestyle and health habits actually live longer and experience a closer bond." MICHELLE WILLIAMS

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Leafs take Round 1 from rival Canadiens

NHL. Toronto escapes Montreal with win in rough-and-tumble season opener

Tyler Bozak scored short-handed and Mason Raymond got the winner in his first game with the Maple Leafs as Toronto spoiled the Montreal Canadiens home opener with a 4-3 win on Tuesday night.

James van Riemsdyk and Dion Phaneuf also scored in a fight-filled contest that saw Montreal's new enforcer George Parros carried off on a stretcher after Colton Orr pulled him down during a scrap, crashing the Canadiens forward's face into the Bell Centre ice.

Lars Eller's second goal of the game with 2:22 left to play set up a wild finish, but Montreal failed to get the equalizer. Eller also set up a goal by Brendan Gallagher.

The Canadiens' 350th consecutive sellout crowd was electric as usual for a Montreal-Toronto game and it didn't lack for action.

But the mood turned sombre 2:34 into the third period when Parros was prone on the ice. Orr had fallen and pulled down Parros, who was bleeding and looked woozy. A team of trainers spent several minutes treating him on the ice.

Canadiens enforcer George Parros fights his Toronto counterpart Colton Orr during the NHL season opener Tuesday night in Montreal. Parros fell face first to the ice during the brawl and left on a stretcher. RICHARD WOLOWICZ/GETTY IMAGES

Opening night

Leafs	Canadiens
4	3

The crowd chanted Parros' name as he was wheeled off.

The Leafs were on a two-man advantage when Van Riemsdyk partially fanned on a shot at the side of the net that slipped between Carey Price's pads 8:01 into the game.

The teams were each down a man when Raphael Diaz slipped a pass to Eller for a goal at 10:08 and Toronto was caught on a 3-on-1 when Montreal got the puck behind Carl Gunnarsson and Eller fed Gallagher at 13:54.

Phaneuf tied it 8:36 into the second as he broke in on the left side to put a wrist shot inside the far post. It was the 19,000th goal in Leafs history in 6,169 games since 1917.

Bozak put Toronto ahead shorthanded at 17:39 when he poked the puck away from Andrei Markov and went in on a break to beat Price to the stick side.

Raymond, playing his first regular-season game for Toronto, scored 5:10 into the third.

THE CANADIAN PRESS

Cornerstone contract

Wallet Phil'd: Kessel staying in Toronto

Phil Kessel got his wish to make it a long stay with the Toronto Maple Leafs.

What general manager Dave Nonis called "short and productive" negotiations ended with Kessel signing a $64-million US, eight-year contract on Tuesday.

The deal has a salary cap hit of $8 million per season. It begins in 2014-15 and runs through the 2021-22 season.

"I always wanted to be (in Toronto)," Kessel said.

"I want to finish my career here. It's a great city, the organization's unbelievable, and I'm really excited to continue here."

The contract includes a limited no-trade clause. Kessel has one season left on his previous deal at $5.4 million.

General manager Dave Nonis said negotiations started last week. THE CANADIAN PRESS

Raptors' Gay sets sights on better shooting

Raptors small forward Rudy Gay
THE CANADIAN PRESS

Rudy Gay had no idea how bad his vision was until he went to renew his drivers licence last year and nearly failed the test.

"They said 'Do you wear glasses?' I said no. They said, 'Well you need to wear glasses,"' Gay recounted, with a laugh.

He wasn't laughing at the time. For a guy who makes a living tossing a ball through a hoop from a distance, the news was disconcerting.

After a brief experiment with corrective goggles, the Toronto Raptors forward underwent surgery to correct his vision during the off-season.

One day into training camp, Gay said he's feeling like a much-improved player. He averaged 19.5 points to top Toronto in scoring after he was acquired from Memphis in a mid-season trade. Still, he shot a career-low 40.8 per cent and 31 per cent from three-point range. So Gay committed every day of the off-season, he said, to being a better shooter.

"I started from the basics ... form, worked on my form. From there just rhythm, shooting, shooting, shooting," Gay said. "I made about 300 shots a day, sometimes more."

He joked that any improvement in his game this season will be credited solely to his better vision.

"Honestly, I was talking to my trainer, and he said if you come out and have a great season it's going to be because of your eye, not because of the work you put in," Gay said.

THE CANADIAN PRESS

NBA

"In Toronto we didn't go to the playoffs for five straight years, so I'm starving for winning and get back to the playoffs." New York Knicks forward Andrea Bargnani

1-on-1

I'd beat LeBron in my prime: Jordan

Michael Jordan believes he could beat LeBron James in a one-on-one basketball game when he was in his prime.

He's not sure about Kobe Bryant.

In a video promoting the NBA 2K14 video game released Tuesday, Jordan said there's a long list of players he would've liked to have played one-on-one. "I don't think I would lose," Jordan said in the video, before smiling and adding, "Other than to Kobe Bryant because he steals all of my moves." THE ASSOCIATED PRESS

LeBron James
GETTY IMAGES

MLB

Jays pitcher has elbow surgery

Toronto Blue Jays right-hander Josh Johnson underwent successful arthroscopic surgery Tuesday to remove loose bodies and a bone spur in his right elbow.

Johnson is expected to be ready for spring training next year.

The 29-year-old native of Minneapolis, Minn., had a 2-8 record and 6.20 earned-run average over 16 appearances this year. He allowed 105 hits and 15 home runs over 81 1/3 innings pitched.

Johnson earned $13.75 million this past season with the Blue Jays. The club has yet to confirm whether it intends to extend Johnson a qualifying offer.

THE CANADIAN PRESS

4 SPORTS

DRIVE

The 2013 Toyota RAV4

ALL PHOTOS CONTRIBUTED

Review. Toyota's aim to recreate success of '90s model falls short but reliability is still assured

When Toyota introduced its RAV4 model back in 1994 it was an unusual, quirky and clever car. Stylish to look at, it created a whole new segment for compact crossover SUVs; there was even a three-door version, which is unusual even now.

The vehicle was aimed at trendy, young, (mostly) urban drivers, but in the 19 years since its release, the competition has got much tougher and Toyota has rather fallen off the pace. Toyota is aiming to attract a range of different drivers with this latest model, which is why the 2013 RAV4 is available in five configurations, with 2.5-litre gas, all-wheel drive and continuously variable transmission (CVT), a 2.5-litre diesel with front-wheel drive and six-speed manual transmission and a 2.5-litre diesel with four-wheel drive. However, all models in Canada are only available in six-speed automatic transmission using only gas.

This fourth generation RAV4 (which stands for Recreational Active Vehicle, Four-Wheel Drive) aims to elevate Toyota back to the top of the class with a RAV4 which is bigger, better and more practical than ever. The biggest new feature in the 2013 RAV4 is the rear lift gate which opens upwards (earlier models had the door opening sideways) and the rear-mounted spare tire is now inside the vehicle.

The 2013 Toyota RAV4

- **Top speed.** 185km/h
- **Engines (hp).** Four 2.0 litre or plus options available
- **0 to 100km/h.** 10.0 sec.
- **Fuel consumption** 5.9/100km
- **Base price (incl. destination)** From $23,790

Interior

The interior is spacious and the trunk is big but the cabin is letdown by the use of some hard plastics and dull styling. The new RAV4 doesn't feel as lovely as it should.

Exterior

The unusual styling that the RAV4 was known for has been replaced by a far more generic-looking SUV. Its body has sharper edges and a stronger grille but it has lost some of its unique RAV4 personality, which is a shame.

Performance

The ride is too firm, resulting in a car that doesn't feel particularly relaxing to drive or comfortable around town. Even our test of the 2.2-litre diesel auto AWD version (not available in Canada) didn't feel fast and required frequent gear changes to get the most out of it.

Best thing

Despite its failings, the new 2013 Toyota RAV4 is a safe choice for sensible drivers who will be happy with its middle-of-the-road performance; who don't want a car to be desirable but dependable.

Worst thing

The "sport button," which is supposed to add pace and drama, is so badly tucked away that you have to search for it. Worst of all, switching it on only seems to increase the engine noise — not the engine's response — so its sporty paddle shifters feel impotent.

METRO

Wax on, wax off but don't forget to polish

Driving force.
Protecting your vehicle's finish is a three-step process

JIL MCINTOSH
drive@metronews.ca

Your vehicle's paint is very durable, but it can use the protection of a coat of wax. Before you put on the shine, though, you should prepare the surface to get the maximum benefit of the product you're using.

"People believe that you wash your car, and then you wax your car, but a key step in between is polish," says Dave Lambert, brand manager for Autoglym Canada. "It's a three-step process of wash, polish, and protect."

If it's possible, your car should be hand-washed, using a sponge or soft cloth, and a pH-neutral car wash product. Lambert says that many people believe that "swirl marks" in the finish are caused by overenthusiastic waxing, but in reality, they're imperfections in the paint caused by car wash brushes.

Remember step 2

"People believe that you wash your car, and then you wax your car, but a key step in between is polish."
Dave Lambert, brand manager for Autoglym Canada

Any rough surface can potentially cause marks in the paint, and you should always use a clean chamois or microfibre towel specifically made for vehicles. Cotton bath towels or terry towels are too abrasive and shouldn't be used.

The second stage — applying polish — preps the clean surface for the final top coat of wax. Although your paint may look smooth, when seen under a microscope, it's more like a lunar landscape of hills and gullies, and it can appear dull when the light hits this uneven surface. The polish fills in these microscopic valleys, providing a smooth surface for the final top coat of wax.

Waxing your car regularly helps to preserve its shine. AUTOGLYM CANADA

There are many types of wax on the market, but Lambert says that a paste wax containing carnauba wax will last the longest. "A lot of people say they want 100 per cent carnauba wax, but in its pure form it's hard enough to scratch your paint," he says. "In a test tube, it actually rattles. Nothing is pure carnauba alone, and there will be other (ingredients) in there as well."

Several factors will affect how long your car stays shiny, including the weather and where you park, but Lambert says that a quality wax product, properly applied, should last five to six months. "We recommend once before the summer, and once in preparation for winter," he says. The car should be polished and waxed again if the shine starts to go away, or if water doesn't form round beads on the surface.

Facts and tips

- **Top wax.** Carnauba wax comes from a palm tree native to Brazil. It forms on the leaves, which are collected and dried, and then beaten to separate the wax from the plant.
- **Wash wise.** If you drop your sponge when washing your car, never use it until you've thoroughly rinsed it. If you don't, the dirt it picked up will scratch your paint.
- **Shade is best.** It's best to wash and wax your car in the shade, and when the paint surface is cool to the touch.

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Parts Department

WHEELBASE MEDIA

Beech cars

If you want to get the kids to turn off their video-game consoles and have some good ol'-fashion fun, check out the neat lineup of toys from Automoblox. The company, which was founded by industrial designer Patrick Callelo back in 1992, makes a wide assortment of assemble-yourself cars and trucks that look really cool. Each is made from European beech wood along with ABS plastic parts and rubber tires. The neat thing about Automoblox is that all of the pieces are interchangeable with any other Automoblox vehicles, allowing for plenty of design creativity. Kids can also register their cars with the company (each has its own ID number) to receive all sorts of free stuff, such as posters and decals. Automoblox toys priced in the $45-$50 US range and are available from automoblox.com.

Give thieves the 'boot'

You've likely heard of The Club steering-wheel-locking device that helps deter thieves, but the company also makes an external locking device that prevents thieves from easily snatching your car, truck, trailer or all-terrain vehicle. The Tire Claw XL uses the same principle as larger "boots" that by-law enforcement agencies use to immobilize vehicles, only on a somewhat smaller scale. The manufacturer claims the device is easy to install and will fit just about any wheel width up to 30 centimetres. It comes with three laser-encrypted keys that cannot be copied and a plastic cover for the lock. The product retails for $100 US and can be purchased through a number of retail and online stores as well as from the manufacturer at theclub.com.

Get hooked on this

Here's an item that all owners of full-size sport utility vehicles and pickup trucks should keep with them at all times. Having a lightweight aluminum EZ-Retriever II from Agri-Cover Inc. on hand will allow you to reach items that, whether intentionally, are positioned at the far end of the bed. Instead of climbing into the box — which might not even be possible if you have a tonneau cover installed — the 1.5-metre-long extendible EZ-Retriever II lets you snag hard-to-reach items and drag them to the gate. And by simply reversing the process, you can push loads to the back of the bed from the tailgate. You can pick one up for $20 US from agricover.com/access/ezretriever2.

Sounds good to me

If you're building your dream hotrod or you're restoring an older-model car, you'll likely want to upgrade the sound system and still retain that original look. Retro Manufacturing carries a wide range of old-style classic-look radios that are designed to fit just about any make or model. The company will sell you just the basic version, or equip you with one that's compatible with your Apple iPod or iPhone and provides Bluetooth connectivity for making hands-free calls. Both models feature chromed knobs and faceplates for a retro-authentic look, along with a modern LCD display. Prices start in the $200 US range (plus speakers). Visit retrosoundusa.com.

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What congestion? Future of parking is autonomous

Autopilot. Smaller vehicles will play their part too just like Toyota's new i-Road concept car-bike, which seats two in tandem

AUTO PILOT
Mike Goetz
drive@metronews.ca

I was pessimistically driving around for a good while, trying to find a parking spot in a very congested part of town. Then, miraculously, it appeared — the perfect spot. It couldn't have been any closer to the busy street I was headed to, and it couldn't have been any cheaper (it was free).

When I got out of the car, I caught the eye of an old guy watering the lawn nearby. "Son," he said, "you just won the lottery."

After some initial pain that parking episode had a happy ending. But parking in cities is just generally pain on pain — expensive, frustrating, a wasteful use of fuel when you're in search mode, and it chokes up city streets, and adds to congestion woes.

So it was interesting to hear recently, from an esteemed group of future thinkers, how the combination of self-driving vehicles, smaller vehicles and information technology, could one day transform how vehicles are parked in city centres. The speakers were part of the Meeting of the Minds series, which focuses on urban sustainability issues. The international series stopped in Canada for the first time, in late September, in Toronto.

In his talk, Jim Pisz, who oversees Toyota's future vehicle technologies for North America, noted that the drive to create self-driving vehicles is currently motivated by safety, but the technology can also make cities better.

"Think about a city that is congestion free, a landscape not dominated by the parked car," said Pisz.

Because of cultural and legal clouds, Toyota and Pisz don't see fully autonomous driving happening anytime soon. But the components that enable autonomous driving could be employed sooner, for something like this: Go to work. Tell the car to go park itself. Call it later and have it come to you. The vehicle could also be in a car share model, where other people use it during the day.

Toyota also believes a change to vehicles the size of something like Toyota's i-Road concept vehicle, which seats two in tandem, could significantly decrease the amount of parking areas needed by cities. These vehicles could also go "autonomous," said Pisz.

He added that the cascading effect of using smaller vehicles, perpendicular parking and more off-street and better parking structures catering to self-parking cars could mean that cities could potentially get back 25 per cent of its paved street areas.

"And that could mean more and wider pedestrian walkways, more bike lanes, more dedicated transit lanes, a reduction in congestion, and a better quality of life."

Standing in the way are those cultural and legal issues, but also the "data" piece.

"Self parking cars need to be connected to your city's servers," Pisz told the audience.

"The big challenge will be to serve up a reliable real-time dynamic data base for open parking spaces. It will be a monstrous job — a moon shot for many cities. But in 50 years or sometime closer, there may be only two kinds of cities out there: Cities that are defined as autonomous; cities that are defined as non-autonomous."

The i-Road could well be a vision of the future. BOTH IMAGES CONTRIBUTED/TOYOTA

The side and front profiles of Toyota's latest concept vehicle, the i-Road.

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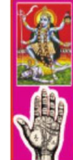
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Horoscopes

♈ Aries
March 21 - April 20
The Sun and Pluto will send your emotions into overdrive today. If there is someone in your life who doubts your love and desire they won't be left in any doubt at all over the next few days. You're on fire.

♉ Taurus
April 21 - May 21
Demand that work colleagues and employers treat you with the respect you deserve. And if they don't? Then you will just have to look around for better people to work with and for.

♊ Gemini
May 22 - June 21
You may find it hard to control your emotions today but that's good. Usually you're so happy-go-lucky people think you never get annoyed but it isn't true and they must know.

♋ Cancer
June 22 - July 23
Quick decisions are not always good decisions, so take your time and get it right. Some people may be annoyed that you can't seem to make up your mind about something but their feelings don't count.

♌ Leo
July 24 - Aug. 23
You may be tempted to walk away from a situation that is getting you down but if you do you are likely to regret it. With the Sun at odds with Pluto today this is not a good time for grand gestures.

♍ Virgo
Aug. 24 - Sept. 23
Your natural distrust could cost you today, especially if you hesitate to take advantage of what appears to be a genuine proposal. Common sense should tell you the offer is legit.

♎ Libra
Sept. 24 - Oct. 23
Your head and heart will pull you in different directions today. If you are smart, you will realize whatever you choose will have consequences, so put off making a decision until the end of the week.

♏ Scorpio
Oct. 24 - Nov. 22
You have worked hard to get to your present position and have no intention of letting others take it away from you. Today's Sun-Pluto link will bring a challenge of some sort. Are you up to it? Of course you are.

♐ Sagittarius
Nov. 23 - Dec. 21
Opportunities you never knew existed will come knocking over the next few days but each will have a responsibility attached, so think carefully before you take advantage.

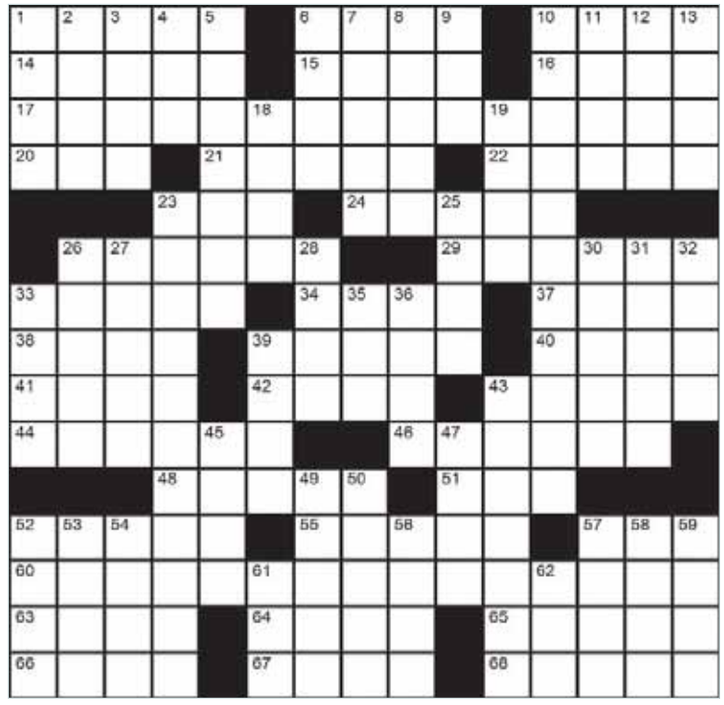
♑ Capricorn
Dec. 22 - Jan. 20
You are always ambitious and always competitive but the current cosmic picture could make you excessively determined to win. Be careful who you annoy on the way up — because you might meet them again on the way down.

♒ Aquarius
Jan. 21 - Feb. 19
The planets suggest you are well placed to move up in the world. All you have to do is get serious about your dreams. A change of scenery could change your outlook.

♓ Pisces
Feb. 20 - March 20
It's good make grand plans for your future but can you afford to make a big leap forward of some kind now? If not, start small. SALLY BROMPTON

Crossword: Canada Across and Down

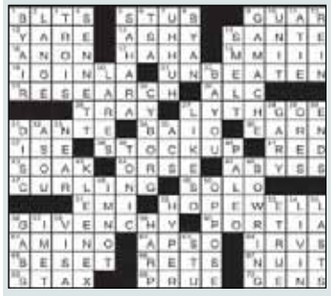
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Chocolate substitute
6. Mater's mate
10. Street performer
14. Earth's sky layer
15. Toilets, British-style
16. Paradise
17. Like the people at #26-Across: 2 wds.
20. Surgery sites, for short
21. "Have a Little Faith in Me" by John __
22. "Bust _ __" by Young MC
23. Certain conifer
24. Car company
26. Prehistoric culture of North America
29. Sci-Fi writer, Isaac __ (b.1920 - d.1992)
33. Beethoven's title lady
34. Hold off
37. Elizabeth Taylor's title
38. Gets workers for
39. Actress Olivia
40. Mountain goat's rock
41. Roman Numeral for 2501
42. Like fine wine
43. Matches
44. "Together Forever" singer Rick
46. "Blue Suede Shoes" bit: "Well, it's __ __ the money..."
48. __ Tuck
51. Compass point
52. Studio sign: 2 wds.
55. Canadian communications company
57. Jump
60. 501 __ __. NW (Canadian Embassy's locale in Washington, DC)
63. Desert weather
64. Ms. West's
65. Weasel kin
66. Much
67. Shortened helper
68. Beatles-style of jacket

Down
1. Small salmon
2. Cote d'__ (French Riviera)
3. Director Mr. Howard's
4. Man. neighbour
5. Bzzz-er's abode
6. Sea lettuce
7. Reluctant
8. Purposeful saying
9. Fireplace residue
10. "Come on down to the __ __ and I will / Buy you a bottle of wine..." - Joni Mitchell, "Carey"
11. Prefix meaning 'Thought'
12. Mr. Griffin
13. 'ence' word-ending alternative
18. Rihanna's nickname
19. Actor, George __
23. Dinosaur tooth, whale bone ...and others: 2 wds.
25. Decorator Mr. Berkus
26. Red Lobster servings
27. Swiss chocolate brand
28. Swallow swiftly
30. "The X Factor" host Mr. Lopez
31. Noted astrologer Sydney
32. Carrots, celery, e.g.
33. Title role for Gwyneth in 1996
35. Saloon serving
36. Oliver! song: "__ Anything": 2 wds.
39. "The __ _ Feel" by Gordon Lightfoot
43. CPP = Canada __ Plan
45. Misjudges
47. Nine: German
49. He was a Titan
50. Dreams: French
52. October birthstone
53. Emperor of Rome
54. Have _ __ to pick
56. Endure
57. Possesses, olde-style
58. Complete
59. Place inSouth America
61. Singer Ms. Sumac
62. Did lunch

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7			9	4	2			6
					3	8		
	2	6	8			3		
3	7		2		9	4		8
8								3
4		2	7		8		1	5
		8			6	7	9	
		9	4					
2			1	9	5			4

Yesterday's Sudoku

7	2	4	3	9	8	1	6	5
1	8	6	5	2	7	9	3	4
3	9	5	1	6	4	7	2	8
5	4	9	8	7	2	3	1	6
8	6	7	4	1	3	2	5	9
2	1	3	6	5	9	8	4	7
9	3	8	2	4	5	6	7	1
6	5	2	7	8	1	4	9	3
4	7	1	9	3	6	5	8	2

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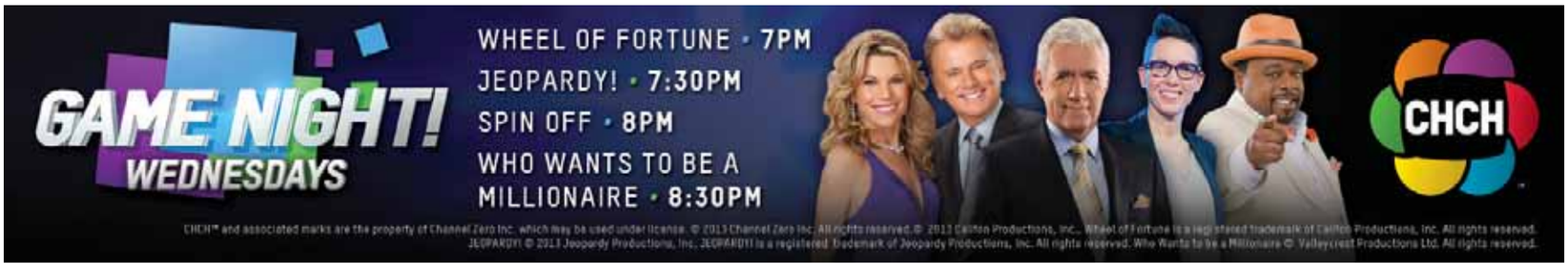

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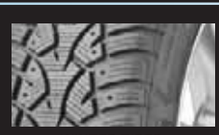
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